Healthy Snacks!!

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Project Overview

- The project had 3 objectives
- To teach children what is healthy and unhealthy to eat
- To teach them how to choose healthy snacks for school
- To give students and families easy recipes to make so students can feel energy and healthy all day
Course Objectives

- Bring awareness to students and parents about healthy fun snacks
- Gain hands on experience in the classroom
- Build professional relationships with the cooperating teacher
- Increase our skills by working in the community and research
Methods

- Jessica contacted Mrs. McCarthy at RE Baker
- Lacee provided place to prepare snacks and get lesson together before project the next day
- Marie designed games and agenda for class time
- Ashley provided apples and cheese for the class.
R.E. Baker Elementary School Kindergarteners: activities with the students

- What do you think is a healthy snack??
Some of the children's answers:

- Carrots
- Celery
- Rice cakes
- Yogurt
- Cheese
- Apples
Bring your Brochures full of yummy recipes home!=)
Lets play a game.

- Which snack is better?
- Cookies or carrots
- Celery or candy bars?
We enjoyed Apples and Cheese sticks!
Technology Used

- Digital camera
- Microsoft powerpoint
- Computer and printer
- Internet
Project Results

- Students learned what was healthy and what was not healthy to eat for a snack.
- Children learned new recipes to make at home with their parents for snack time at school.